

Lena is a licensed Aesthetician, and Massage therapist who comes to us from the World Renown Anara Spa at the Hyatt Regency Kauai, HI. She has both classical European and traditional American training. She has earned additional certification from Colorado Center for Healing Touch, Honolulu School of Massage, The Upledger Institute and Pacific College Center for Awareness and Bodywork.

Lena believes in treating each person as an individual. Utilizing her techniques she focuses on treating the skin as well as aiding the body to heal itself. This allows her to keep a holistic approach to skin care and massage therapy. She stays true to her teachers by applying the Hawaiian traditions and healing methods.

**GIFT CERTIFICATES
AVAILABLE FOR
ALL OCCASIONS**

*Kindly allow 24-hour notice for
cancellations*

*Please arrive at least 10-15 minutes early
so that we can keep a timely schedule for
all of our clients.*

All prices subject to change.



**Center for Natural Healing
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**CENTER FOR NATURAL
HEALING**

*Lena C.
Karker*

*L.M.T.
Licensed Aesthetician*

*Skin Care & Massage
Therapy*



Massage Therapy:

A personalized combination of various massage, bodywork and somatic therapy techniques utilized to focus on each individual's needs.

30 minutes.....\$45

60 minutes.....\$85

90 minutes.....\$125

Reflexology:

A gentle pressure to specific reflex points on the feet. Focusing on relieving stress and tension to enhance overall well being.

30 minutes.....\$45

60 minutes.....\$85

CranioSacral:

A ten-step still point therapy using a gentle, hands on method to improve and enhance the immune system

Prices are given upon consultation.

Treatments

All treatments use the finest and purest organic ingredients. The products are cutting edge anti-aging technology using certified organic botanicals blended to exquisite perfection.

Hot Stone Massage:

A unique massage technique that uses hot stones and aromatherapy, to enhance relaxation.

60 minutes.....\$100

90 minutes.....\$145

Cellulite Treatment:

A stimulating massage targeting specific areas of the body using a unique blend of botanicals and marine seaweeds to stimulate circulation and detoxification.

30 minutes.....\$60

60 minutes.....\$100

Facials:

All facials are personalized to meet the individual's specific needs. Products and times may vary to achieve optimum results.

Classic European Facial:

60 minutes.....\$85

Deluxe Rejuvenating Facial:

90 minutes.....\$125

Acne Treatment:

60 minutes.....\$85

90 minutes.....\$125

Anti-Aging Facial:

60 minutes.....\$85

90 minutes.....\$125

"Non-Surgical Facelift" and High Frequency Machines are used as needed.

Treatments may be combined.

2-hr treatments are also available